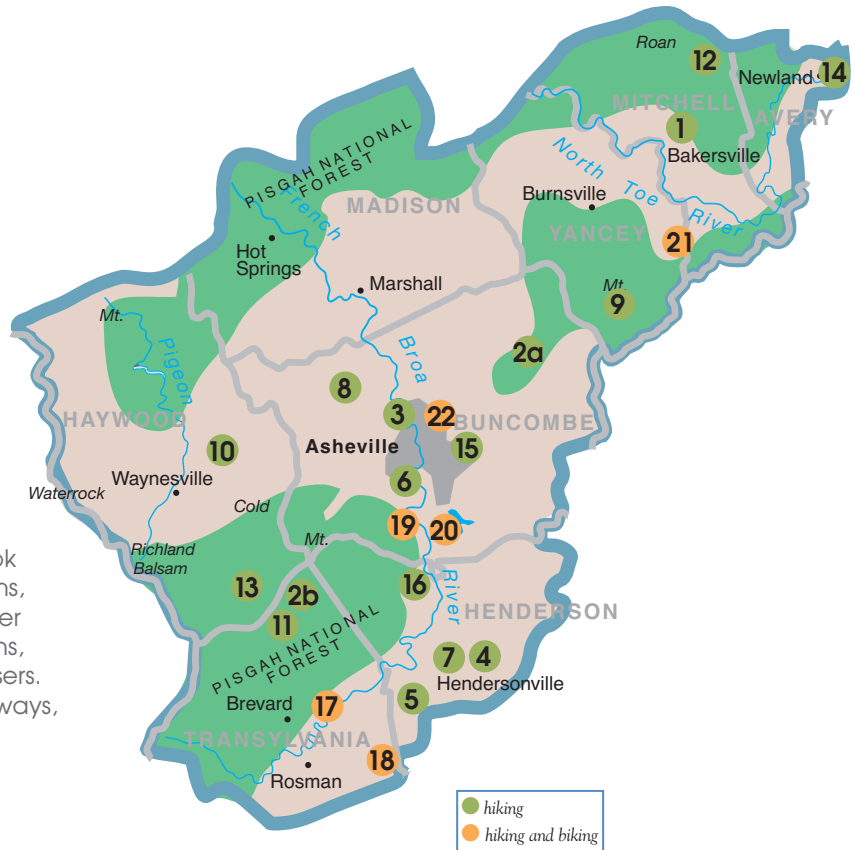


HIKING & BIKING



in the French Broad River Basin

The French Broad River Basin offers many opportunities to enjoy and explore nature through walking, hiking and biking. This list includes places with at least a few trails for easy to moderate activity. Keep in mind that at some mountain sites, the steepness of terrain may limit easy activity, other than at an overlook or short path. Many sites include views of streams, rivers, creeks, lakes and/or waterfalls. Remember that some trails are multi-use, serving pedestrians, bicyclists, equestrians and other recreational users. For information about urban and regional bikeways, visit <http://www.ncdot.org/transit/bicycle>.



● HIKING ●

1 Bakersville Creek Walk

<http://www.bakersville.com/walk.html> ●
~1-mile trail along Cane Creek.

Blue Ridge Parkway

2a Craggy Gardens ● <http://www.nps.gov/blri/craggy.htm> ● 700 acres ● .8-mile trail. Spectacular display of rhododendrons in June/July.

2b Pink Beds Loop Trail ● http://sherpaguides.com/north_carolina/mountains/balsam_mountains/cradle_of_forestry.html ● 3.2 miles of trails along the South Fork Mills River.

3 Botanical Gardens at Asheville

<http://www.ashevillebotanicalgardens.org> ● 10 acres ● .5-mile trail—including bridges spanning streams—through meadows and over a woodland ridge to a wildflower cove.

4 Carl Sandburg Home National Historic Site

www.nps.gov/carl ● 264 acres ● 5 miles of trails on the farmstead of the late Pulitzer prizewinning poet.

5 Holmes Educational State Forest

http://www.dfr.state.nc.us/esf/hesf/hesf_home.htm ● 235 acres ● 5 miles of trails among mountain hardwoods.

6 Hominy Creek River Park

<http://www.buncombecounty.org/governing/depts/ParksAlive/facilities/river/> ● 19 acres ● .25-mile trail on the Swannanoa River.

7 Jackson Park

www.eco-wnc.org/eco_programs.htm ● 212 acres ● ~2.3-mile wheelchair-accessible nature trail and boardwalk along a stream and wet meadow.

8 Long Branch Environmental Education Center

<http://www.longbrancheec.org/index.html> ● 1,635 acres ● 2.5 miles of trails, plus old logging roads.

9 Mount Mitchell State Park

<http://ils.unc.edu/parkproject//visit/momi/home.html> ● 1,855 acres ● 32 miles of trails. A short trail beginning at the summit parking lot leads to a stone observation tower from which visitors may see as far as 85 miles on a clear day.

10 Pigeon River Greenway/Canton Recreation Park

<http://www.cantonnc.com/> ● 1.7-mile walking trail.

11 Cradle of Forestry – Forest Discovery Center/ Pisgah National Forest

<http://www.cradleofforestry.com/> ● 6,500 acres ● 2.3 miles of trails.

12 Roan Mountain Gardens

<http://ncnatural.com/NCUSFS/Pisgah/roan-mtnj.html> ● 600 acres ● 1-mile trail through rhododendron gardens.

13 Shining Rock Wilderness/Art Loeb Trail

http://sherpaguides.com/north_carolina/mountains/balsam_mountains/shining_rock_wilderness.html ● 18,500 acres ● 10.6 miles of hiking trails, including a view of Cold Mountain.

14 Waterfall Park

Highway 194, Newland ● 2 miles of trails with cascades.

15 Western North Carolina Nature Center

<http://wildwnc.org/> ● 42 acres ● .6-mile trail along the banks of the French Broad.

16 Westfieldt River Park

<http://www.eco-wnc.org/westfeldt.htm> ● 22 acres ● .6-mile trail skirting the French Broad.

● HIKING and BIKING ●

17 Brevard Bike Path/NC Rails-Trails

<http://www.ncrail-trails.org/mapkeys.htm> ● 2 miles of trails.

18 Dupont State Forest

<http://www.dupontforest.com/> ● 10,400 acres ● With nearly 80 miles of trails, this is a new hot spot for mountain biking. Six named waterfalls.

19 North Carolina Arboretum

<http://www.ncarboretum.org> ● 434 acres ● 8 miles of hiking trails; 5.6 miles of biking trails.

Pisgah National Forest

20 Bent Creek Forest Trails ● http://www.cs.unca.edu/nfsnc/recreation/bent_creek_trails.htm ● 5,242 acres ● 44.2 miles of hiking trails; 27.5 miles of biking trails.

21 Carolina Hemlocks Recreation Area ●

http://www.cs.unca.edu/nfsnc/recreation/carolina_hemlocks.pdf ● 4.8 miles of hiking trails; bikes allowed only on through-trail for horses.

22 Warren Wilson College

<http://www.warren-wilson.edu> ● 25 miles of trails, a few open to cyclists.

♿ = some trails designated as wheelchair accessible